

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Workout 1 + 2.5mi run	3mi run	35min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	4mi run
WEEK 2	Workout 1 + 2.5mi run	3.5mi run	8 x 400 5K pace	Workout 2 + 3mi run	Rest	60min cross	5mi run
WEEK 3	Workout 1 + 2.5mi run	4mi run	40min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	6mi run
WEEK 4	Workout 1 + 2.5mi run	4.5mi run	9 x 400 5K pace	Workout 2 + 3mi run	Rest	Rest	5K Race
WEEK 5	Workout 3 + 3mi run	5mi run	45min tempo run	Workout 4 + 4mi run	Rest	60min cross	6mi run
WEEK 6	Workout 3 + 3mi run	5.5mi run	10 x 400 5K pace	Workout 4 + 2.5mi run	Rest	60min cross	7mi run
WEEK 7	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	60min cross	8mi run
WEEK 8	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	Rest	10K Race

Balanced Fitness Workout Program

VM Jensen



Balanced Fitneb Workout Program:

Adopting the Tune of Term: An Emotional Symphony within **Balanced Fitneb Workout Program**

In a world used by displays and the ceaseless chatter of instant conversation, the melodic elegance and psychological symphony produced by the published term often diminish into the background, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, nestled within the pages of **Balanced Fitneb Workout Program** a stunning literary treasure brimming with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this charming masterpiece conducts visitors on a psychological journey, skillfully unraveling the concealed tunes and profound influence resonating within each carefully constructed phrase. Within the depths with this moving examination, we shall investigate the book is central harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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